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Volume 7

Number 5 *The Iowa Homemaker* vol.7, no.5

Article 7

1927

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Recommended Citation

Millerke, Bernice (1927) "For His Majesty, the Baby," *The Iowa Homemaker*: Vol. 7 : No. 5 , Article 7.

Available at: <http://lib.dr.iastate.edu/homemaker/vol7/iss5/7>

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For His Majesty, the Baby

By BERNICE MILLERKE

THE layette of the modern baby is not the fussy, furbelowed affair that it once was, and it does not contain the thousand and one non-essentials with which it used to be encumbered.

Today, simplicity in capital letters is the keynote of the very young baby's wardrobe. Even fond grandmothers and doting aunts have been made to realize this, and no longer do they send little dresses smothered in lace to the newcomer. Over-decorated baby dresses are quite as passé as over-decorated frocks and suits for older brothers and sisters. The smart baby's wardrobe is not only simple, but also comfortable. No baby, however much inclined to an angelic temperament, can be happy in harsh, scratchy clothing of a bundlesome nature. And so his clothes are made of soft fabrics and constructed in simple styles which are comfortable to wear.

Attractive babies are always kept scrupulously clean and dainty; this means that their garments must be laundered frequently. Therefore, they must be of material which will undergo many washings and still be durable enough to wear well. Last, but not least, they must be warm enough to keep the baby well and happy:

As to the number of garments, the list is surprisingly short. In actual clothing needs, the baby's layette consists of:

- 3 abdominal binders
- 3 shirts
- 2 gertrudes (one flannel and one nainsook)
- 4 slips
- 3-4 nightgowns
- 1-2 dresses
- 2 pair hose
- 1 pair woolen bootees
- 3-6 dozen diapers

This list does not include such extra necessities as blankets, pillows and the like, because we are interested primarily in the actual wardrobe.

Three abdominal binders should be sufficient, since for most normal babies they are discarded after the sixth week in favor of band. Binders are of two general types: flannel ones which may be bought or made, or knitted ones, which may be purchased. Most doctors recommend the latter for their elasticity, which allows the baby to be just as comfortable after eating as before. The flannel binders, while less expensive, are not as suitable from this standpoint and unless the flannel is unusually soft, it is apt to become a bit harsh after laundering.

Next to the binder, or rather on top of it, comes the little shirt. Three of size No. 2 are needed for the first few months. These are usually of the long-sleeved variety, even in summer, and come in combinations of silk and wool,

wool and cotton, or all silk, wool or cotton. Authorities differ on which is best. Some doctors recommend nothing but cotton, chiefly because it is soft and can be boiled in laundering. An all-wool shirt is to be avoided because it is not comfortable, and is difficult to launder. One firm manufactures a shirt made of two layers of material, a cotton one on the inside and wool outside. It seems quite practical in that it assures the comfort which cotton gives and the warmth afforded by wool. Shirts come in two styles, the wrap around, which ties with tape or fastens with pins or small buttons, and the coat type with which you are familiar.

Two gertrudes are enough for the small baby, a flannel or knit one for warmth if he is to be taken outside in cold weather, and a nainsook one for wear under dress-up dresses. Knit gertrudes can be purchased, but are more expensive and less attractive than the flannel ones made at home. Those made at home should be of a simple type, fastening on the shoulder with small flat buttons or tapes. Any decoration should be very simple. The nainsook gertrudes are often made to match a dress in decoration.

Slips are really simple dresses made with kimona or raglan sleeves. Raglan sleeves are not as quickly outgrown, and are easier to put on and to iron. Long kimona sleeves are not as comfortable styles. Sometimes the slips are made with a draw-string at the neck, which simplifies ironing and can also be let out as the child develops.

Since the small baby spends a great share of his time sleeping, he needs three or four nightgowns. The time of year will decide the type of material. Knit ones can be secured which seem quite suitable, but are more expensive than those made at home of outing flannel or soft muslin. It is still a point of dispute whether the nightgown should button in the back or front. We must consider the ease of putting on the garment and the comfort of wearing it, in order to decide the choice.

A few years ago a horror-stricken "What! Only two dresses?" might be heard. But you'll no doubt agree that dresses, other than slips, are a rather negligible factor in the life of the young baby, whose routine of sleep and bottles occupies most of his time. There is no place in his time budget to go on fashionable calls, or to be put on exhibition in dress-up clothes. The most important social event for him is his christening, and for that, of course, he must be dressed quite as carefully as though he were going to be presented at court. Proud aunts and friends will doubtless supply more decorative dresses, so you see it's really a waste of time to include more than one or two

in the initial layette. Besides, babies grow surprisingly fast, and then all your fine embroidering and careful stitches are gone for naught.

Smart babies go barefoot in the summer time, and often in winter. When they go out, of course, hose and sometimes bootees are needed.

The one article on which you may really splurge is that most necessary of necessities—the diaper. Anywhere from three to six dozen would seem to be ample. It is not wise to buy too many small-sized diapers, because they are soon too small. Two sizes, 18 by 36 inches, and 27 by 54 inches, are best, if worn square. If the triangular ones are used, the dimensions are 18 by 18 inches and 27 by 27 inches. Diapers come in three types of material, outing flannel, birdseye and a knit fabric. Outing flannel is soft and absorbent, but retains the moisture and causes steaming, which is undesirable. Birdseye is also soft and absorbent, but is porous and does not retain moisture. For that reason, it is considered better than the flannel by many. The knit diapers are very satisfactory, but they are more expensive than the others.

Outer wraps and sacques have not been mentioned chiefly because they are usually procured as the need arises and also because they form so many of the gifts with which the new baby is welcomed.

We must remember that the modern baby is a very important person, and wants to be in style with very discriminatingly chosen clothing.

Child Care Conference

In Iowa City the latter part of June a conference was held sponsored by the state council for child study and parent education. The program was arranged in two parts; one a general and lecture program and the other a series of round tables on the following topics: physical development of the child, mental development of the child, moral, religious and social development of the child; home and family life; home and community life; child study groups; and teaching and extension work in child development. The discussions at these round tables were led by specialists in the various fields.

Among the outside speakers who made a special contribution to the conference were Dr. Ernest Groves, head of the department of social sciences of Boston University, and Dr. W. E. Blatz, director of St. George School for Child Study, department of psychology of Toronto University.

Those attending from Iowa State College were: R. K. Bliss, director of the Extension Department; Miss Marcia Turner, Miss Eloise Davison, Dr. Grace Zorbaugh, Mrs. L. R. Lancaster, of the Home Economics Division, and

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